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DAY 2 OF METRO’S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS HOPE TO LAND ON ‘ELIGIBLE OCCUPATIONS’ LIST, BUT OFTEN SETTLE FOR ‘SURVIVAL JOBS’ TO STAY AFLOAT PAGE 9

British Birdy learning to fly (up the charts)

Use Metro AR to hear her sing PAGE 12

‘There were no survivors’

Rwandan genocide. U of M prof from Rwanda shares her story to commemorate the conflict’s 20th anniversary

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A University of Manitoba assistant professor and survivor of the Rwandan genocide added her voice to the millions around the world who commemorated the 20th anniversary of the start of the conflict on Monday.

Dr. Régine Uwibereyeho King, who teaches in the faculty of social work, said she’s encouraged with the progress Rwanda has made since 1994, when the plane carrying President Juvenal Habyarimana was shot down, unleashing the wave of violence.

“Rwanda has gone so far, actually, Rwanda is more peaceful than Winnipeg ... The country is very safe, the economic progress has been incredible,” she said following a standing-room-only event at the Millennium Library over the lunch hour on Monday.

The Rwandan genocide, which started April 7, 1994, and lasted 100 days, saw an estimated 800,000 Rwandans of Tutsi background and moderate Hutus killed.

Ordinary people including neighbours, friends, colleagues, and even family members participated in the killings.

Uwibereyeho King was a 27-year-old university student in 1994, and decided to leave the city to spend Easter with her family in her home community. The decision saved her life.

“I was very lucky that I was in my home town and not in Ruhengeri, because actually among all the Tutsi students who were on the Ruhengeri campus, there were no survivors.”

The situation in Rwanda has improved. For example, ethnicity has been removed from identification cards.

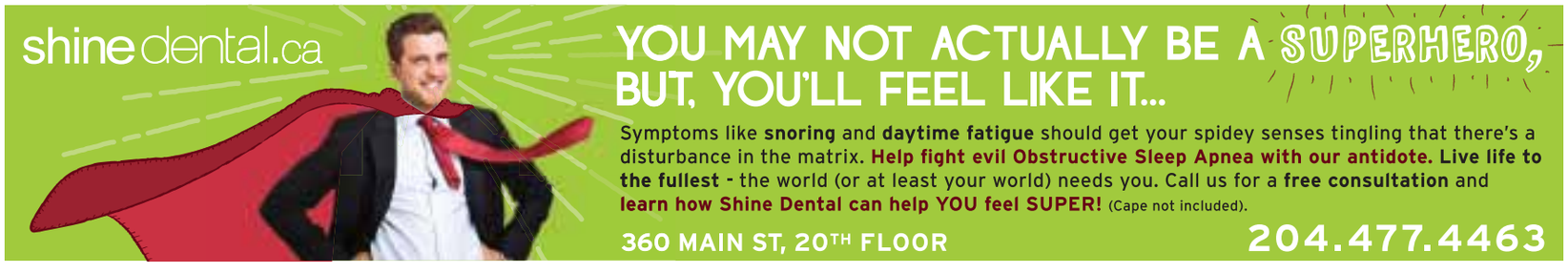
However, “at the psycho-social level, there is still more work to be done,” since Rwanda didn’t have professional counsellors until after the genocide, Uwibereyeho King said.

Remembering

The Rwandan genocide is one of five formally recognized by Canada’s Parliament. The event will be featured prominently in the Canadian Museum for Human Rights.

- The conflict started 20 years ago on April 7, 1994.

Dr. Régine Uwibereyeho King said Rwanda has come a long way since 1994, when an estimated 800,000 people were killed during a 100-day campaign of terror, which the international community failed to prevent. For more on the anniversary, see page 5. BERNICE PONTANILLA/METRO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NEWS 1

Cameras let Manitoba drivers see road conditions online

Eyes on the road. CAA Manitoba commends province on addition of cameras

SHANE GIBSON
shane.gibson@metronews.ca

Drivers can now check road conditions online before hitting the pavement on more Manitoba highways, thanks to the addition of seven new solar-powered cameras to the province's Road Weather Information System (RWIS).

"This brings us into the cutting edge of our highway information," said Transportation Minister Steve Ashton during a press conference at his office in the Legislative Building Monday. "The information is updated every 10 minutes, and that is the most important thing.

"If you're headed out, you want to know what the surface condition is, you want to know if there's blowing snow."

The new cameras have been installed along the Trans-Canada Highway, Highway 5, Highway 16, and two sites each along Highway 6 and Highway 10, and bring the province's total number of traffic cameras on Manitoba highways to 12.

CAA Manitoba spokesperson Liz Peters said the camera system is an initiative the organization has been lobbying the province for, and she hopes to see more cameras added to roadsides soon.

"Our sister organization in Alberta has 103 cameras in their network, it's been online for two years and last year they had 34 million hits on just those cameras alone," she said during the press conference.

"We're starting out with a smaller number in Manitoba but hopefully that'll grow.

"It's just one more tool in the toolbox and it really improves safety for all drivers in Manitoba."

The highway condition images can be found at the provincial 511 website.

Infrastructure and Transportation Minister Steve Ashton speaks to media Monday as the province announced seven new solar-powered cameras have been added to the Manitoba's Road Weather Information System.
SHANE GIBSON/METRO

Comedian to do eight shows in the city

Comedian Jen Grant HANDOUT

Jen Grant might just be the busiest person in Winnipeg this week.

The Toronto-based stand-up comedian is performing in a whopping eight shows at the Winnipeg Comedy Festival, which kicked off Monday and runs until Sunday.

"In this business, it's feast or famine, and right now I'm so crazy busy I feel like I'm a little bit overwhelmed, but it's a good problem to have," Grant says.

One of the festival shows Grant is appearing in is the Thursday Night Gala: Food, Glorious Food. Grant has a food blog, jengrantcomedian.blogspot.ca, but says she had never really cracked wise about cuisine.

"I know most people love food, but I love cooking and I love grocery shopping. That's how much I like food, I like grocery shopping," Grant says. "But I just didn't have a lot of funny stuff to say about it until I really looked into myself. I had to really look for it."

Grant said she's always on the lookout for good food wherever she performs (she lists Boon Burger as a 'Peg favourite) but hunting down satisfactory sustenance can be challenging.

"I've been in places where I ask the front desk if they can recommend a restaurant and they direct me to a Wendy's," Grant says.

"Seriously? I don't want to sound like a snob, but really, that's what you think is an all right place to eat. I eat Wendy's if it's the last, last resort."

JARED STORY/METRO

Youth shot on Manitoba Avenue

A male youth was taken to hospital in critical condition Monday afternoon after he was shot at a home in the 600 block of Manitoba Avenue just after 2 p.m. No further information, including the age of the male, was available. SHANE GIBSON/METRO

Man. analyzed higher sales tax

New documents. NDP considered 9 per cent PST, an FOI request revealed

The Canadian Press has learned the Manitoba government analyzed a higher sales tax increase than the one it brought last year, a revelation that contradicts what the finance minister told the news agency last fall.

A report by the provincial ombudsman's office shows that the Finance Department prepared two documents that analyzed revenue options that included a nine per cent retail sales tax before settling on eight per cent.

"The department indicated that the records that exist ... do include a reference to a nine per cent PST solely in the context of providing comparators, which is a common practice in financial research and analysis."

The Canadian Press asked then-finance minister Stan Struthers in an interview last October whether he ever dealt with, or saw, briefing notes or other documents that mentioned a nine per cent sales tax.

"No, that was not something that we considered, because we knew that the one-cent on the dollar would get us the revenue that we need to participate with Ottawa in building infrastructure (under a cost-shared program)," Struthers said at the time.

The news agency filed a freedom-of-information request for any documents discussing the possibility of a nine per cent sales tax.

The two documents that mention the tax are being kept secret under a section of the Freedom of Information and Protection of Privacy Act that forbids papers prepared for cabinet from being made public. That means Struthers, and perhaps other cabinet ministers, would have seen them.

The news agency filed an appeal with the ombudsman, who reported that the Finance Department analyzed the impact of a nine per cent tax, but did not recommend it. THE CANADIAN PRESS

Poll shows PCs remain at top of the heap

Manitoba's governing NDP will not be happy with the results of a new poll that not only puts them well behind the Progressive Conservatives, but also shows they're losing ground to the Liberals.

The province-wide survey conducted by Probe Research, and paid for by the Winnipeg Free Press, found the PCs leading the pack with the support of 46 per cent of Manitobans, followed by the NDP with 28 per cent of decided voters.

The Liberals picked up three points since a similar poll was conducted in December, bringing them to 23 per cent support among Manitobans. Three per cent of those surveyed would vote for the Green Party or another party not represented in the legislature.

The news was worse for the NDP outside Winnipeg, where they dropped to third place with 17 per cent support behind the Liberals with 19 per cent, and the PCs at 61 per cent.

A new poll found Brian Pallister's Conservatives are well ahead of the NDP. SHANE GIBSON/METRO

In Winnipeg 38 per cent of decided voters said they'd choose the PC candidate, 34 per cent said they'd vote for the NDP, and 25 per cent said they'd go Liberal.

Overall the study showed one-in-five Manitobans remains undecided or wouldn't say which party they'd vote for if the election were held today.

The survey was conducted by telephone between March 17 and 28 and is considered accurate within 3.1 percentage points, plus or minus, 19 times out of 20. METRO

Saturday crash

Woman hit by car now in critical condition

The condition of a woman struck by a vehicle on Broadway Saturday has been downgraded to critical.

The 23-year-old woman was taken to hospital in unstable condition after she was hit by a vehicle while crossing the eastbound lanes of Broadway at Donald Street around 5:30 p.m.

The 25-year-old man behind the wheel of the vehicle was arrested at the scene and later released without charge. METRO

North End

Two charged, two at large following robberies

Two teens are in custody and police are looking for two more suspects after two violent robbery attempts in the North End Sunday morning.

Police said they were called to the 600 block of Selkirk Avenue around 11 a.m. after a group of four males — one armed with a gun — demanded property from a 24-year-old man, and fled when they found he had none.

According to police, the group then tried to rob an 18-year-old woman, allegedly assaulting her before fleeing empty handed.

Officers saw two of the suspects and gave chase, arresting one. Police dogs tracked the other suspect to a nearby residence, where he was arrested.

Acting on information that the remaining suspects were holed up in a residence on the 700 block of Selkirk Avenue, police surrounded the home. Two residents removed from the home were later found to have had no involvement in the robberies, police said.

A 16-year-old male and an 18-year-old male are each facing robbery-related charges. METRO

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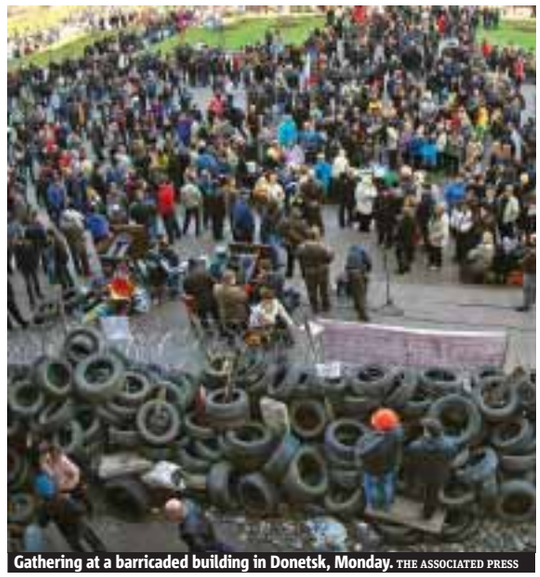
The battle for part of east Ukraine

Protests. Pro-Russians seize a building and proclaim the region around the city of Donetsk independent


Gathering at a barricaded building in Donetsk, Monday. THE ASSOCIATED PRESS

Pro-Russian separatists who seized a provincial administration building in the eastern Ukrainian city of Donetsk proclaimed the region independent Monday — an echo of events prior to Russia's annexation of Crimea. Ukrainian authorities called the move an attempt by Russia to sow unrest.

The Interfax news agency said the activists demanded that a referendum be held no later than May 11 on the possible secession of the Donetsk region.

President Oleksandr Turchinov called the events gripping eastern regions an operation undertaken by Russia to sow instability. Since Crimea held a secession referendum and then was annexed by Russia, calls for similar votes in Ukraine's east have emerged in the area.

THE ASSOCIATED PRESS

Movie Noah. Banned in two Muslim nations for depicting prophet Noah

Actor Russell Crowe poses at Noah's premiere in Paris. THE ASSOCIATED PRESS

Malaysia and Indonesia have banned Noah, a biblical epic, joining other Muslim nations that forbid the movie for its visual depiction of the prophet.

Film censors in both countries said that portrayal of the prophet Noah by Russell Crowe was against Islamic laws. Depictions of any prophet are shunned in Islam to avoid worship of a person rather than God.

"The film Noah is not allowed to be screened in this country to protect the sensitivity and harmony in Malaysia's multiracial and multireligious community," said Abdul Halim Abdul Hamid, Censorship Board chairman.

Many Indonesians condemned the ban on social media.

Much of the Muslim world, including the UAE, Qatar and Bahrain, has already banned the film, which is a box-office hit in the U.S. Some Christian conservatives also have complained of its inaccurate portrayal of the biblical account of the flood.

Paramount Pictures added a disclaimer to its marketing material, saying "artistic license has been taken" in telling the story.

The Qur'an mentions only 25 prophets by name, including Noah. Muslims believe that Noah built his ark after God charged him to do it. While there are differences between the biblical and Quranic story, both mention a flood and Noah's vessel saving a male-female pair of each animal species.

THE ASSOCIATED PRESS

Washington mudslide

Search continues for more victims

The death toll from the landslide that hit a U.S. town last month rose to 33 on Monday. All but three have been identified; 12 were still missing as of Monday.

As the search continues in the debris for bodies, the Army Corps of Engineers is working on a berm — a rock and gravel barrier — to prevent the river from flooding parts of the debris field.

THE ASSOCIATED PRESS

Cyprus

Stop separating migrant women and kids: Official

Europe's top human rights official is urging Cyprus to stop holding women in detention centres and separating them from their children until their deportation. Nils Muiznieks, the human rights commissioner for the Council of Europe, said Monday he's "very concerned" about the practice. THE ASSOCIATED PRESS

Scan this photo with your Metro News app to see a photo gallery of Rwandans commemorating the 20-year anniversary of the Rwanda genocide.

A nation struggles to cope with its memories of genocide

A boy takes part in a Rwandan genocide memorial rally Monday on Parliament Hill. FRED CHARTRAND/THE CANADIAN PRESS

Rwanda. It's been 20 years since large-scale massacres saw 1 million people killed in 3 months

Displaying pride and pain, Rwandans on Monday marked the 20th anniversary of a devastating 100-day genocide that saw packed churches set on fire and machete-wielding attackers chop down whole families from a demonized minority.

Blood-curdling screams and sorrowful wails resounded in a sports stadium as world leaders and thousands gathered to hear of healing and hope.

President Paul Kagame and UN Secretary-General Ban Ki-moon together lit a flame at the Kigali Genocide Memorial Centre, which estimates that more than 1 million Rwandans perished in three months of machete and gunfire attacks.

In one scene, a young girl recounted the torture of a boy. Spectators screamed and the severely traumatized were carried off. By the end, Rwandan actors lay scattered throughout the field, representing the dead.

The UN chief said he hopes to reaffirm the international community's commitment to the idea of "never again," though he said genocide is still possible. Mass graves were required to bury the victims of what the government says was a long-planned killing spree that ignited after the plane of then-president Juvenal Habyarimana, a Hutu, was shot down.

Kagame's critics say that progress has been marred by an authoritarian approach.

Human Rights Watch, which Kigali practically views as an enemy organization, says civil and political rights in the country remain severely curtailed. THE ASSOCIATED PRESS

France's role

Genocide's colonial beginnings

The French government, which Rwanda banned, was missing from the stadium. In an interview published in France Monday, Rwandan President Paul Kagame accused the former African colonial power of participating in some of the genocide violence.

The ceremony highlighted the influence that white colonial masters had in setting the stage for the violence that erupted in 1994. The audience watched as white people in colonial outfits jumped out of a safari car and stormed the main stage. The wide-brim hats then changed to blue berets, worn by UN troops who did nothing to stop the carnage.

"The people who planned and carried out genocide were Rwandans, but the history and root causes go beyond this beautiful country," Kagame said. THE ASSOCIATED PRESS

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contiki
CAA MANITOBA TRAVEL

TRANSIT TUESDAY
Weekly Transit News Update

SPRING SCHEDULE STARTS APRIL 13

Starting Sunday, April 13, Winnipeg Transit's spring schedule will be in effect on the following routes:

15 Mountain – Sargent	**78 Crosstown West**
36 Northwest Super Express	**91/109 DART**
51/93	**160**
65 Grant Express	**161**
72	**162**
75 Crosstown East	**170**

For more route and schedule information, please visit winnipegtransit.com or contact 311.

GOING TO THE AIRPORT?

Winnipeg Transit is an affordable and convenient option when travelling to or from the James Armstrong Richardson International Airport. The airport is served by route 15 Sargent/Mountain and 20 Academy/Watt. For route and schedule information, visit the website or call 311.

WE OFFER REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers Request Stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just inform your operator at least one stop ahead of the requested stop, then be prepared to exit at the front door. Please keep in mind, the operator might not be able to accommodate your request due to road-safety concerns.

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham & Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

Liberals win Quebec vote with majority

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

Quebec Liberal Party Leader Philippe Couillard and his wife, Suzanne Pilote, walk into the campaign headquarters for election returns on Monday in Saint-Félicien, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Quebecois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Quebec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never really recovered.

Monday's results in Quebec no doubt prompted a sigh of relief in Ottawa as well.

With the PQ out, it means Prime Minister Stephen Harper won't have to worry about a national unity crisis as he heads toward the 2015 election.

The 33-day campaign had been considered as one of the nastiest in decades.

THE CANADIAN PRESS

Homelessness

'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions of the country over a two-year period.

The massive At Home/Chez Soi pilot project, created in 2008 following a $110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances.

The study suggests it has also been cost-effective, with every $10 invested resulting in cost savings of almost $22.

THE CANADIAN PRESS

Health care

Doctors' group says it's time to prepare for legal assisted suicide

A group of palliative-care doctors says it's time to move beyond the "yes or no" debate about physician-assisted death and begin preparing for its eventual legalization in Canada.

The doctors say in a commentary in the Canadian Medical Association Journal that physicians need to discuss potential policies and guidelines for legally assisting death.

They argue that assisted suicide may become legal if the Supreme Court of Canada overturns a 2012 B.C. court ruling that deemed a ban on the act unconstitutional.

The High Court will hear an appeal of the case in which the B.C. court granted Gloria Taylor a constitutional exemption to get help to end her life. The ALS patient did not use the exemption, but died of an infection. THE CANADIAN PRESS

Victims' rights.

Justice minister: Courts should compel spousal testimony

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

Legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.

Peter MacKay THE CANADIAN PRESS FILE

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

Some lawyers have predicted the measure will have little impact on a system where spousal testimony comes into play in relatively few cases.

THE CANADIAN PRESS

Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

'I was simply trying to protect Reeva,' Pistorius tells her family

Blade runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

"I was simply trying to protect Reeva," the athlete said as Steenkamp's mother, June, looked impassively at him in the courtroom. "I can promise that when she went to bed that night she felt loved," Pistorius said.

Pistorius' display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner's heyday, as an inspiring tale.

THE ASSOCIATED PRESS

Quoted

"I climbed into a cupboard and I phoned my sister to come and sit by me, which she did."

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in "a panic" one night.

Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez' sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown's body home. THE ASSOCIATED PRESS

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Philippines. Child abuse, trafficking complaints filed against vacationing Italian diplomat

Philippine police answer questions from reporters Monday.
AARON FAVILA/THE ASSOCIATED PRESS

Philippine police said Monday they have detained a vacationing Italian diplomat and filed complaints of human trafficking and child abuse after he was allegedly found in the company of three underage boys at a resort.

The Italian foreign ministry identified the diplomat as Daniele Bosio, Italy's ambassador to Turkmenistan, and said he had been suspended from his duties after Philippines authorities upheld his detention. It gave no further comment.

Philippines police senior superintendent Romulo Sapitula said members of the child-rights group Bahay Tuluyan who were on an outing in the same resort in Laguna province, south of Manila, became suspicious and alerted authorities. Catherine Scerri of Bahay Tuluyan said she and her colleagues saw the foreigner at the resort with three children aged nine to 12 who were clearly not related to him.

Sapitula, the provincial police chief, said an investigation showed that the diplomat took the children to his accommodation in Manila and then to the resort. According to the police statement, the diplomat told investigators during questioning that the boys "were street children that I had brought from Manila" and that they had informed their parents about the trip.

The statement said that the boys told police that the diplomat brought them to his house where he "personally bathed and scrubbed their naked bodies and afterwards gave them money and food."

THE ASSOCIATED PRESS

Families pray for missing flight victims

Relatives of Chinese passengers on board Malaysia Airlines Flight 370 pray during a candlelight vigil for their loved ones at a hotel in Beijing, China, Tuesday. An Australian ship detected two distinct, long-lasting sounds underwater that are consistent with the pings from aircraft black boxes in a major break in the month-long hunt for the missing plane, the search co-ordinator said Monday. ANDY WONG/THE ASSOCIATED PRESS

Texas

The witness room that adjoins the death chamber at a U.S. correctional facility.
THE ASSOCIATED PRESS FILE

Execution back on schedule after court lifts delay

The execution of a Texas inmate is back on schedule this week now that a federal appeals court has ruled the state doesn't have to reveal where it gets its lethal injection drug.

Monday's ruling from the 5th U.S. Circuit Court of Appeals means 44-year-old Ramiro Hernandez-Llanas is set for execution Wednesday.

THE ASSOCIATED PRESS

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CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

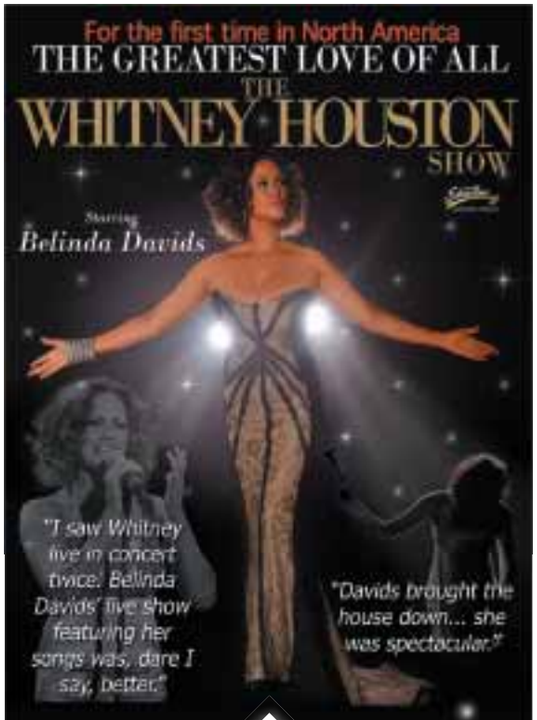
Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca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Airline complaints drop despite rise in late flights

Report. While griping is a national pastime in the U.S., few bother to lodge official complaints

A Delta Airlines jet passes an American flag during take-off at Los Angeles International Airport. DAVID MCNEW/GETTY IMAGES

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday by university researchers.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best, followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors, Wichita State business professor Dean Headley, said the drop in complaints might also reflect "a certain amount of resignation" that "it's never wonderful for airline passengers."

THE ASSOCIATED PRESS

Taco Bell tries to crack McMuffin fans

Taco Bell aims to eat into McD's breakfast profits. GETTY IMAGES

Taco Bell is taking another jab at McDonald's in a new ad for its breakfast menu in the U.S.

The fast-food chain will begin airing a TV spot that is set to the tune of Old MacDonald Had a Farm and shows a man who has been eating Egg McMuffins since 1984. After trying Taco Bell's breakfast, the man trims his mullet, switches to tighter pants, gets a smartphone and takes down his Loverboy poster.

It's a follow-up to another ad, which featured real-life men named Ronald McDonald professing their love of Taco Bell's breakfast. If Taco Bell seems fixated with McDonald's, it's with good reason; McDonald's has long been the heavyweight in the fast-food breakfast category, with 31 per cent of the market, according to food-industry researcher Technomic.

Whether the strategy of going after the No. 1 player so directly translates to sustained sales is yet to be seen. McDonald's breakfast has been hugely popular since it rolled out the Egg McMuffin in the early 1970s, and getting people to think of Taco Bell as a place to get breakfast won't be easy.

Wendy's, for instance, has retreated from plans to expand its breakfast menu after testing the offering in select locations.

"We knew we had to have a disruptive marketing campaign," said Chris Brandt, Taco Bell's chief marketing officer, in a phone interview.

Taco Bell's breakfast menu is also fairly limited compared with McDonald's, which now includes oatmeal and the option to substitute egg whites in breakfast sandwiches. But Brandt said the company has additional offerings in development. THE ASSOCIATED PRESS

Cord-cutting craze?
Canadians hanging up on landlines, traditional TV

A new study says more Canadians are abandoning traditional forms of phone and television service.

The Convergence Consulting Group says about one-quarter of households in Canada won't have a wired phone by the end of 2014 and rely solely on wireless service, up from 22.4 per cent in 2013.

The Toronto-based consulting group also says households are increasingly switching to new sources for their television, but the trend isn't as far advanced.

Convergence Group says online television services such as Netflix will reach almost six per cent, or 665,000 households, by the end of this year — up from about four per cent.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.17¢ (+0.10¢)

TSX 14,270.33 (-122.77)

OIL $100.44 US (-$0.70)

GOLD $1,298.30 US (-$5.20)

Natural gas: $4.47 US (+$0.03)
Dow Jones: 16,245.87 (-166.84)

Controversial group

Chili's nixes autism fundraiser after heated criticisms

U.S. chain Chili's cancelled a fundraiser Monday for a group that states on its website that autism can be triggered by vaccinations, a position that has been widely discredited by the medical community.

The restaurant chain planned on donating a portion of its sales on Monday to the National Autism Association. THE ASSOCIATED PRESS

NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us" but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

And so when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term 'conscious uncoupling' implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational lifestyle brand and she's made a lot of money in the process. She preaches a regimented way of life that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge full of macrobiotic vegetables and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

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MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)

GETTY IMAGES

metro

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See that symbol? It means you can scan this image with your Metro News app to see a video of Birdy's song Light Me Up

SCENE 2

Shy Birdy no longer waiting in the wings

Teen songbird.
U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Aw jeez, your Minnesotan needs work

Fargo. Vancouver dialect coach helped actors nail distinctive Midwestern accent

Martin Freeman as Lester Nygaard in a scene from the new television show Fargo. MATTHIAS CLAMER/FX

Aw jeez, it wouldn't be Fargo without the distinctive Minnesota accents.

Vancouver-based dialect coach Tony Alcantar worked with actors in the new FX television series Fargo — adapted from the famous 1996 Coen brothers' film — to get the sound just right.

"The Minnesota sound, in its extreme, is a more musical sound," said Alcantar, an improv actor by trade originally from Chicago.

Though the Chicago and Minnesota accents share a similar Midwestern flavour, Alcantar said the latter is more "sing-songy."

"I would say it's because the influence is more European," he said. "You're going to get that Germanic or Northern European lilt that the Swedes are known for, that the Germans are known for."

Alcantar, a Second City alum who teaches at the Vancouver Acting School, worked with actors auditioning for roles in Fargo. After reading snippets of the script, Alcantar says he wanted in on the project.

"The more I read the different scenes, I thought, 'Man, this is really good.' This is some of the best writing I've seen, and I've been living in Vancouver for 15 years," he said.

"So I emailed the producer in Calgary and I said, 'I would love to work on this show' and we had an interview going back and forth, and I got hired to do it."

Alcantar held sessions with the cast members before shooting, which took place in and around Calgary, and was on set to make sure they didn't slip up.

For actor Martin Freeman, who plays downtrodden insurance salesman Lester Nygaard, maintaining the right tone takes commitment.

Quoted

"I stay in it every day. When I'm shooting, I'm always in it."

Actor Martin Freeman on keeping his Fargo accent up to par

"I stay in it every day. When I'm shooting, I'm always in it, because it would be too difficult to go from this to that," Freeman said in his natural way of speaking, a crisp British accent.

"So from the moment I get in the car, my workday, to the moment I get out of makeup, I'm speaking it. I hope I've got it, but it needs attending to. You need to work on it every day."

Allison Tolman, who plays a smart, young cop named Molly Solverson, hails from Texas, but has spent the last five years living in Chicago. So the Minnesota accent wasn't too difficult an adjustment.

"They're not the same accent, but they're cousins. They're close," she said.

"I think it's really nice. It makes it more sparse. They say less and they choose their words really carefully so there's more silence."

Keith Carradine, who plays Molly's dad, Lou, says the accent is important to the mood and tone of both the movie and film.

"It's a wonderful accent in that it has a kind of a benign patina that it lays over this really kind of sinister undertone of the things that are going on in this little community," he said.

"It sounds really kind of naive, just the accent. Oh, these are such sweet simple people and you find out that this incredibly awful stuff is going on."

Fargo airs Tuesdays at 10 p.m. in Canada on the new specialty channel FXX starting April 15. The first episode will also be shown on FX Canada. THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

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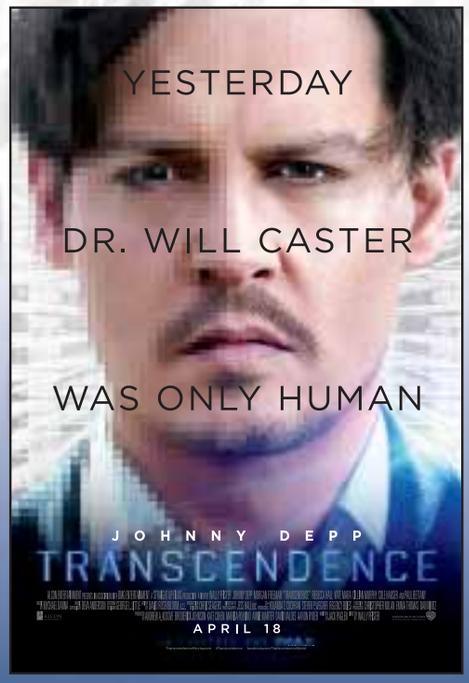

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Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

Richard E. Grant's 'naughty' tweet from the Downton Abbey set

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter.

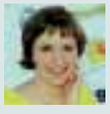
"We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph. "You're in a bubble when you're filming."

Someone apparently didn't get the memo, though, as new cast-member Richard E. Grant tweeted a photo of himself in costume on the Downton Abbey set.

"He's very naughty," Fellowes says.

Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

Twitter


@lenadunham
Mickey Rooney got all the best babes despite being short as hell. #RIP beautiful man

@KChenoweth
The only good thing about being stuck in bed is starting #GameOfThrones. Now addicted.

@tyrabanks
Just so you know, no one...I mean NO ONE comes between me & my BBQ ribs!

Is Naomi Campbell attracted to Magneto?

Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they didn't shy away from public displays of affection. Campbell and Fassbender were "openly hugging and kissing," a source says. "At one point, they even started snogging."

Forever is a long time to be hairless, Diaz says

Cameron Diaz GETTY IMAGES

Cameron Diaz has been thinking a lot about pubic hair. The actress made waves when her criticism of below-the-waist hair removal in her Body Book came to light, but Diaz insists she's not trying to be some depilatory dictator. "I would like to clear up what I said," she tells Graham Norton in an interview during a visit to his talk show. "I don't care what women do with it, but we should be informed about how (our) bodies work. It is there for a reason, and to laser it off is to lose it forever. It will never come back, and I think women should consider what forever means."

Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio-resistance mix

"To maximize fitness levels, a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

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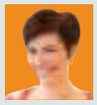
umwalchu@myumanitoba.ca (preferred) or 204-997-5286

Healthy Solutions

The most wonderful time of the year



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. To see the grimy hands (sorry, farmers, but it's true!) that spend hours in the earth for your health and enjoyment corrects the perspective on how much food should cost and where it should comes from.

The only objection I have ever encountered to ordering a CSA box is the foods that can arrive at your door that are completely new to you. Not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes. If yours calls for turnip and you only have some gnarly Jerusalem artichoke or parsnips, use them.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green: in salad or sautéed. Carrot tops, beet tops and radish tops are all edible and delicious!
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper.
- Kale, spinach and chard are also interchangeable either raw or cooked. One exception is that collards take a little longer to cook and are too tough to be eaten raw.

Google "CSA" in your area. It will force you to experiment with new recipes and expose you to new nutrients.

MYFRIENDINFOOD.COM

Stew that doesn't discriminate

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

FLASH FOOD

From your fridge to your table in 30 minutes or less

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it?

This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped. Peel rutabaga, Jerusalem artichokes and parsnips but leave peels on potatoes, carrots, turnips and sweet potatoes.

Any green can be stirred in at the end: kale, spinach, chard, beet greens or even zucchini.

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

This recipe serves four. THERESA ALBERT

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes. Ladle into bowls and serve.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Spotlight fresh 'salsa verde' purée in stew

1. Heat the oven to 400 F.

2. Place poblano and bell peppers on rimmed baking sheet and roast in oven until they blister, 20 minutes, using tongs to turn halfway through. Transfer bell peppers to heat-safe bowl, then cover bowl tightly with plastic wrap. Let peppers steam 10 minutes, then remove them and slip off the skins. Cut out stems, then remove and discard seeds. Finely chop the bell peppers. Set the poblanos aside.

Hog 'N Hominy Salsa Verde Stew serves 10. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 large poblano peppers
- 2 red bell peppers
- 2 tbsp olive oil
- 2 cups of chopped red onions
- 3 to 4 lbs pork butt
- Kosher salt and black pepper
- 1 tbsp ground cumin
- 8 large raw tomatillos
- 6 to 8 large cloves garlic
- 1 heaping cup fresh cilantro
- 1/2 cup lime juice
- 1 quart low-sodium chicken stock
- 12-oz bottle beer (any kind)
- 1/2 cup jarred sliced jalapenos
- Two 15-oz cans hominy, drained
- Flour tortillas or rice, to serve

3. Heat Dutch oven or heavy duty pasta pot over medium. Add olive oil and onions. Sauté for about 10 minutes, or until the onions become translucent.

4. Season pork with salt, pepper and the cumin. Add pork to the pot with the onions and brown on all sides.

5. Meanwhile, peel tomatillos and cut into quarters. In a blender, combine tomatillos, garlic, cilantro, lime juice, poblanos and 1 teaspoon salt. Purée for a few minutes or until liquefied. This may take a few tries and you may need to stir contents of blender a few times to make tomatillos and cilantro blend together. Set aside.

6. Once pork browns, add chicken stock, beer and the puréed tomatillo mixture. Stir well, then add jalapenos and reserved red peppers. Bring to boil, then reduce heat to a simmer. Simmer, stirring occasionally, for 2-3 hours, or until pork breaks into pieces easily and liquid has reduced by about a fifth. 30 minutes before stew is done, stir in hominy. THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Lightning

Stevie Y inks 4-year extension

The Tampa Bay Lightning have signed general manager Steve Yzerman to a four-year contract extension.

The Lightning have made the playoffs twice in four seasons under Yzerman's watch, reaching the Eastern Conference Final in 2011.

Tampa Bay has already qualified for this season's playoffs and is currently in third place in the Atlantic Division.

"I'm grateful for the opportunity to continue the process we started four years ago ..." Yzerman said in a statement.

THE CANADIAN PRESS

Masters

Storm forces golfers off course

The first full day at the Masters turned out to be a short one Monday.

Augusta National was open for only two hours because of storms, still enough time for a few players to see some of the changes to the golf course — even though this was supposed to be a year with really no change at all.

The ice storm in February that led to the demise of the famous Eisenhower Tree also cost the club countless other trees, giving Augusta a slightly different look. Instead of a forest of Georgia pines, players can see from the 10th fairway all the way across to the 15th fairway.

THE ASSOCIATED PRESS

2016 Summer Games

Strikers, security clash in Brazil

Striking construction workers and security personnel clashed Monday at Rio de Janeiro's Olympic Park, the main cluster of venues under construction for the 2016 Summer Games.

Rio Mais, the consortium building the Olympic venues, confirmed that random gunshots were fired as workers and security confronted each other. There were no reports of injuries at the venue cluster, which is located 25 km west of central Rio.

The work stoppage involving more than 2,000 workers began Thursday.

THE ASSOCIATED PRESS

UConn the top dogs in national championship

Shabazz Napier of the Connecticut Huskies goes up for a shot as Dominique Hawkins of the Kentucky Wildcats defends during the Final Four championship at AT&T Stadium on Monday in Arlington, Texas. UConn won 60-54. For more on the game go to metronews.ca. JAMIE SQUIRE/GETTY IMAGES

Kane not able to get back on track vs. Wild

NHL. Jets miss playoffs for 7th straight season despite scorer's return from healthy scratch

Charlie Coyle scored the game's only goal and Ilya Bryzgalov made 24 saves as the Minnesota Wild defeated the Winnipeg Jets 1-0 on Monday.

Coyle's one-timer off a pass from Zach Parise at 1:05 of the second period came just after a penalty to Winnipeg defenceman Mark Stuart had expired.

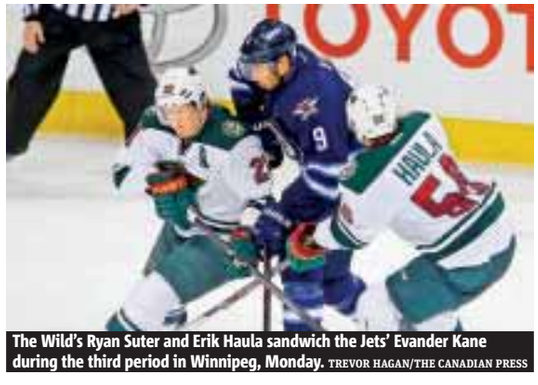
The Wild (41-26-12) all but clinched a Western Conference wild-card berth with the win. Minnesota would need to lose its final three games with Phoenix winning four straight in order for the Wild to miss the playoffs.

The Jets (35-35-10), who will miss the playoffs for the seventh straight season stretching back to their time as the Atlanta Thrashers, iced an injury-depleted lineup. With two games remaining and 80 points to their credit, the Jets are assured of finishing behind their 51-point pace of the lockout-shortened 2013 season, which would have extrapolated to 87 points in a full campaign.

Michael Hutchinson, a 24-year-old rookie who began the season in the ECHL, made his first career NHL start with regular backup Al Montoya still suffering from a lower-body injury.

He wasn't asked to make many difficult stops, but Hutchinson's only blemish on 17 shots came on Coyle's one-timer.

Bryzgalov wasn't much busier, but did have a higher degree of difficulty. Not bothered by a taunting crowd, the trade-deadline pickup from Edmonton stopped all 24 shots he faced for his fourth shutout of the season.



The Wild's Ryan Suter and Erik Haula sandwich the Jets' Evander Kane during the third period in Winnipeg, Monday. TREVOR HAGAN/THE CANADIAN PRESS

The shots were 7-6 Jets in the first period and 7-5 Wild in the second, as neither team could generate any offence.

The third period was wide open by comparison, with Winnipeg sending 12 pucks at Bryzgalov. Even four power-play chances couldn't help the Jets find the back of the net.

Winnipeg winger Evander Kane, who was a healthy scratch Saturday night in Toronto for reportedly being late to a team meeting, was back in the lineup. He managed just one shot on goal and was on the ice for Coyle's goal.

The Jets wrap up their home schedule Thursday night against Boston, and finish their season the next night in Calgary.

Minnesota returns home to face Boston, St. Louis and Nashville.

THE CANADIAN PRESS

4 SPORTS

Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City. ELSA/GETTY IMAGES

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at $114.99 and going up to $240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for $2,549.99 and game-worn jerseys at up to $25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

Hammerin' Hank. Braves to fete anniversary of Aaron's home run record

Hank Aaron GETTY IMAGES FILE

Hank Aaron was more relieved than jubilant after he broke Babe Ruth's home run record on April 8, 1974.

The 40-year anniversary of his 715th homer provides a different perspective.

Aaron's record-breaking homer will be celebrated on Tuesday night before the Atlanta Braves' home opener against the New York Mets.

Hate mail and threats made it impossible for him to savour the chase of Ruth's revered record, but on Monday he said he'll enjoy the anniversary because such old friends as former teammate Dusty Baker will return for the pregame ceremony.

"I guess that's just about what it's all about, really," Aaron said in a telephone interview. "That's it. The moment itself has passed. The home run was hit and whatever else. It's just enjoying some moments with friends."

Aaron, 80, said he is pleased with his recovery from partial left hip-replacement surgery in February. He hurt his hip when he slipped on ice and said he's still in rehab, but can walk. THE ASSOCIATED PRESS

Basketball. Mourning among latest ballers elected to join HOF

Alonzo Mourning went to Georgetown to play basketball, not discover the world.

The six-foot-10 centre who won an NBA title with the Miami Heat was voted to the Naismith Memorial Basketball Hall of Fame on Monday, adding that honour to becoming a board member at his alma mater.

Mourning was elected along with former NBA star Mitch Richmond and NCAA championship-winning coaches Nolan Richardson and Gary Williams. The women's team from Immaculata College, which won three straight national championships in the 1970s, also was chosen.

Quoted

"Never in my wildest dreams would I ever thought as a freshman that I would be sitting on the board of that university."

Georgetown alum Alonzo Mourning

They joined the previously announced class of 2014 that includes retired NBA commissioner David Stern. The induction ceremony is Aug. 8.

THE ASSOCIATED PRESS

MLB. Ausmus impressive thus far as Tigers manager

Tigers manager Brad Ausmus DUANE BURLESON/GETTY IMAGES

Brad Ausmus seems to be really smart, as one would expect a Dartmouth graduate to be.

The rookie manager of the Detroit Tigers is also intelligent enough to know he doesn't have all the answers, even as he got a taste of what life is like leading a team in his first week as a major-league manager.

The Tigers rallied to win twice and also won in a rout. They blew a big lead in the ninth, but held on for another victory. And on Sunday, his team got beat in business-like fashion by the Orioles.

The upshot is — and it is very early in the 162-game season — the Tigers have the best record in baseball.

In addition to a stellar rotation and superstar Miguel Cabrera, a cool, calm and collected rookie manager has something to do with Detroit's early success.

"He seems pretty laid-back," right-hander Justin Verlander said. "There's no panic. He just lets the game unfold."

After ending his playing career in 2010, Ausmus worked in the Padres' front office as a special assistant to the general manager for three years and managed Israel's team for the 2013 World Baseball Classic.

During spring training, Ausmus soaked up the opportunity to spend time with his predecessor, Jim Leyland.

"He's got it figured out, but he'll find out there's a lot to learn because he'll be willing to listen," Leyland said Monday of Ausmus. "I think he's a great fit, a terrific fit in fact, for the Tigers."

THE ASSOCIATED PRESS

NASCAR

Logano snatches win from Gordon

Joey Logano made a last-lap pass of Jeff Gordon during extra laps Monday after a late caution in a rain-delayed race at Texas, becoming the seventh different winner in as many Sprint Cup races this season,

Heading onto the front-stretch, Logano went low and was able to get past Gordon going into the first turn. Kyle Busch finished third. THE ASSOCIATED PRESS

Premier League

Tottenham tops lowly Sunderland

Christian Eriksen scored one goal and set up two more as Tottenham recovered from an early defensive howler to rout Sunderland 5-1, leaving the visitors rooted to the bottom of the Premier League table.

Tottenham put aside speculation about the manager Tim Sherwood's future to stay in the hunt for a European place.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

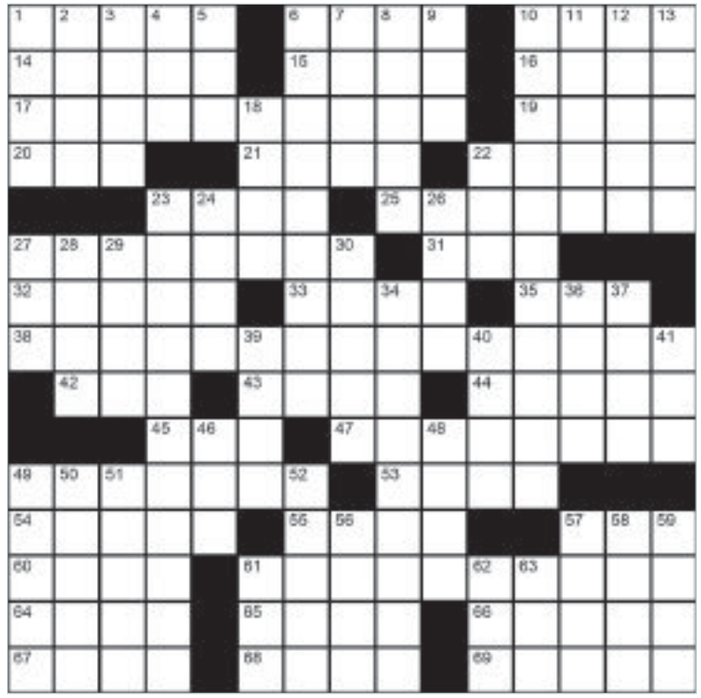
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

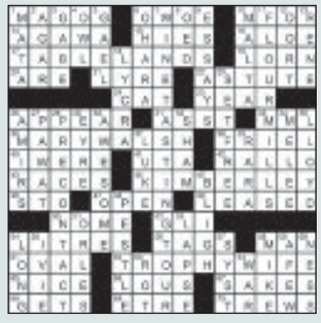
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ __'__
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 8° MIN: 2°	MAX: 12° MIN: -1°	MAX: 7° MIN: -6°

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“I’m just not into you anymore.”
RECYCLING REMINDER
#3
Recycling happens in more places than your kitchen. Don’t forget about your bathroom and laundry room too.
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INDUSTRY FUNDING RECYCLING